

**Linda Clair**  
**Five-day Meditation Retreat**  
**Kallara Conference Centre, Australia – June 2019**  
**Transcription from Audio Recordings**

**File 2a – Sunday morning guided meditation**

Linda: So take a few breaths into the belly. Feel your body. And I want you to be as aware of your body as possible, doing things with your body, in your body. Whether you're sitting, walking, eating, doing your tasks, do it with your body. You don't need to be thinking, and each time you start to think you're not fully in your body.

So take your attention to the top of your head and feel the sensation on the top of your head, in the top of your head. Might be very subtle, you might not feel much at all, there might be tension there. Feel the sensation of your eyelids on your eyes. Feel your breath going through your nostrils. Feel your tongue touching your palate. And keep breathing into the belly, using your breath as an anchor in your body. Feel your mouth, your lips, your jaw and your chin – not how you'd like it to feel but as it feels right now. So this is a different way of using sensations; you're using them to be in your body, whatever they are.

So feel your shoulders. Doesn't matter if there's slight tension there or if there's strong tension there. Go to your left shoulder and go down your arm to your left elbow and really feel your elbow, and then go down to your left hand and feel your hand. You're just in your body. Keep breathing into the belly. Feel your thumb and each finger. Go up to your right shoulder and feel your shoulder. Go down your arm to your right elbow and down to your right hand and feel your hand, your thumb and your fingers. Keep breathing deeply into the belly. Feel both arms and both hands. Then take your attention to your chest and as you breathe in and out through the nose really feel that slight movement of your chest as your body is breathing.

And it's your body breathing. You think you, your ego, your mind is essential to keep your body alive but that's not true. The life force in your body actually becomes stronger the less your mind is involved, the less you think. Your body starts to take over. So take your attention down to your abdomen – and this is the most tangible place in the body to really feel your breath. You can feel your abdomen rising and falling as your body is breathing. And there will be at times a resistance to breathing down here because there is so much fear down there. There is a lot of fear associated with the breath.

Feel your thighs, your left knee, your right knee. Feel your feet. Then be aware of your back, your spine from the top of the spine down your back to the bottom of the spine. So keep your back straight without being tight and rigid. Then again feel your whole body, be aware of your body. The fact is your body is sitting here in this room right now. There is nothing that you need to be thinking about – you might think there is but really there's nothing.

Look at your thoughts very closely, what you're thinking about at times. Of course your mind will try and justify every thought but in truth you're never going to resolve anything by thinking about it. And what you realise is that there is no final resolution, there's no end. Thinking is about trying to

pretend there is a beginning and an end by saying you begin with the body, you end with the body. But what you're doing here is proving to yourself that this is not the truth.

So the practice is simple; it's not easy but it's simple. Each time you realise you haven't been in your body – and at that moment you're back in your body – bring your attention back to the breath in the abdomen, the rise and the fall of the abdomen with the breath. And sometimes it will be tedious, sometimes it will be hard work, but every now and again you will get a glimpse, you will get a sense of how it is, how it feels, to simply be here. And that's where you want to be – here in your body.

So sit and watch. Watch that movement away from the body, from where you really are right now. Don't divide your thoughts into good thoughts, bad thoughts, spiritual thoughts – see that movement which is thinking and come back to your body.